

# Speed and Agility

This program is designed to increase speed, quickness, agility and power for all youth athletes. By working on the proper BioMechanics of running, athletes will not only see an increase in speed and agility but endurance as well.

**For:** Boys and girls ages 10 to 16

**Dates:** Session #1 September 15, 22, 29, October 13, 20, 27, November 3, & 10, 2003  
Session #2 November 4, 11, 18, 25, December 2, 9, 16, & 30, 2003  
Session #3 January 13, 20, 27, February 3, 10, 17, 24, & March 2, 2004

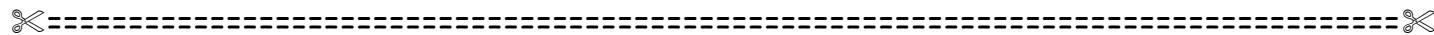
**Times:** 5:00pm to 6:00pm for 10 to 12 year olds  
6:00pm to 7:00pm for 12 to 16 year olds

**Location:** Soccer Centers in Somerset, NJ just a half mile off exit 12 of Route 287

**Cost:** \$165.00 Bridgewater-Raritan residents \$185.00 for non-residents  
Checks made payable to "Soccer Centers"

**Space is limited; registration is based on first come first serve at Bridgewater Recreation Department.**  
**Three ways to register!** In person at the Bridgewater Recreation Department (Municipal Building- 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" Mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road - Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday



## Speed & Agility 2003/2004

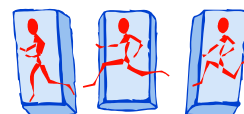
\$165.00 Bridgewater-Raritan Residents / \$185.00 Non-Residents  
Checks payable to "Soccer Centers"

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Circle Gender: \_\_\_\_\_  
Name: \_\_\_\_\_ Name: \_\_\_\_\_ Male or Female \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Address: \_\_\_\_\_ Parent Work Address: \_\_\_\_\_  
Phone #:( ) \_\_\_\_\_ Phone #:( ) \_\_\_\_\_  
Parent Cell Phone #:( ) \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Current Age: \_\_\_\_\_  
**Circle Session Choice:**  
**Session #1** begins 9/15      **Session #2** begins 11/4      **Session #3** begins 1/13

Bridgewater Township and Soccer Centers do not provide individual medical insurance coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date



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